

## BALANCED FOOD POWDER COMPOSITION

### ABSTRACT

A balanced powder blend composition with at least one fat or oil source, at least one carbohydrate source, and at least one protein source, is described. This composition is advantageously added to a food to supplement the nutritional value of the food, but without substantially altering the taste of the food. The energetic amount of protein is between about 20% and 30%, the energetic amount of oil is between about 40% and 50%, and the energetic amount of carbohydrate is between about 25% and 35%. The carbohydrate source can be maltodextrin, the fat or oil source can be canola oil and/or milk fat, and the protein source can be whey protein, casein, a casein salt, or a mixture thereof. The mixture is prepared by admixing the ingredients with water, heating and homogenizing the mixture, and spray drying the mixture into a powder. An emulsifier can be added to the composition.